

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Rosemary Chicken  Red Potato Green Peas Rye Bread Chilled Peaches  Calories: 675 Fat: 19% Sodium: 822mg	<b>2</b> Crispy Baked Fish Tartar Sauce Sweet Pot. Wedges Italian Blend Veg. Wheat Bread Pudding  Calories: 836 Fat: 35% Sodium: 1168mg	<b>3</b> Shepherd's Pie with Potato and Corn <i>Crust</i> Carrots Wheat Bread Fresh Fruit  Calories: 699 Fat: 26% Sodium: 539mg	<b>4</b> Roast Turkey with Gravy Veg. Rice Pilaf California Blend Veg. Wheat Bread Choc. Chip Cookie  Calories: 593 Fat: 24% Sodium: 932mg	<b>5</b> Chicken Picatta  Pasta Green Beans Italian Bread Fresh Fruit  Calories: 758 Fat: 25% Sodium: 1061mg
<b>8</b> BBQ Pulled Pork  Rice and Beans Spinach Wheat Bread Chilled Pineapple  Calories: 717 Fat: 30% Sodium: 880mg	<b>9</b> Chicken and Broccoli Alfredo Pasta Capri Blend Veg. Italian Bread Fresh Fruit  Calories: 795 Fat: 30% Sodium: 976mg	<b>10</b> Southern Style Fish Tartar Sauce Rice and Beans California Blend Veg. Wheat Bread Gata Cookie  Calories: 879 Fat: 36% Sodium: 1158mg	<b>11</b> Meatballs and Pasta with Marinara Sauce  Cauliflower Wheat Bread Pudding  Calories: 682 Fat: 29% Sodium: 841mg	<b>12</b> Turkey Chili  Chipotle Sweet Pot. Italian Blend Veg. Wheat Bread Fresh Fruit  Calories: 671 Fat: 15% Sodium: 857mg
<b>15</b> American Chop Suey  Broccoli Rye Bread Chilled Fruit Cocktail  Calories: 689 Fat: 24% Sodium: 653mg	<b>16</b> Pork Chops with Gravy Garlic Mashed Pot. Collard Greens Wheat Bread Fresh Fruit  Calories: 688 Fat: 29% Sodium: 520mg	<b>17</b> Chicken Teriyaki  Brown Rice Stir-Fry Veggies Wheat Bread Oatmeal Cookie  Calories: 678 Fat: 27% Sodium: 934mg	<b>18</b> Wild Pacific Salmon with Dill Sauce Mashed Sweet Pot. Mixed Veggies Apple-Cinn. Muffin Pudding  Calories: 740 Fat: 26% Sodium: 870mg	<b>19</b> <i>Holiday meal</i> Roast Beef with Gravy Red Potato Peas/Pearl Onions Dinner Roll Gingerbread Cookie  Calories: 709 Fat: 27% Sodium: 881mg
<b>22</b> Turkey Milanese  Veg. Rice Pilaf Carrots Rye Bread Applesauce  Calories: 656 Fat: 17% Sodium: 1025mg	<b>23</b> Cheese Lasagna with Marinara Sauce  Spinach Wheat Bread Yogurt  Calories: 650 Fat: 27% Sodium: 1000mg	<b>24</b> Roast Pork with Gravy Whipped Potato Mixed Veggies Italian Bread Brownie  Calories: 713 Fat: 36% Sodium: 757mg	<b>25 Sites Closed</b>  <i>Happy Holidays!</i>	<b>26</b> Lemon and Garlic Chicken Candied Yams Broccoli Wheat Bread Fresh Fruit  Calories: 606 Fat: 16% Sodium: 698mg
<b>29</b> Beef Stew with Potato and Carrots  Beets Wheat Bread Applesauce  Calories: 709 Fat: 30% Sodium: 622mg	<b>30</b> Turkey Florentine  Sour Cream/Dill Pot. California Blend Veg. Wheat Bread Pudding  Calories: 693 Fat: 26% Sodium: 1562mg*	<b>31</b> Cheese Tortellini with Marinara Sauce  Italian Blend Veg. Italian Bread Birthday Cake  Calories: 634 Fat: 23% Sodium: 900mg	<b>Menu subject to  change without  notice.  2% milk and  margarine served  with meals.  *indicates  high sodium  entrée or meal</b>	<b>Reservations and  cancellations must  be made two days  in advance.  Thank you for your  voluntary \$2.00  donation per meal  towards actual  cost of \$13.85</b>